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Vermont Participates in National Physical Education & Sport Week *"Let's Move! Active Schools"*

Montpelier - As part of [National Physical Education and Sport Week](#), on Thursday, May 9th elementary physical education teachers from schools throughout Vermont will participate in a day-long workshop in Burlington (registration for this event is full). Five of the participating teachers will receive small grants and curricular materials to enhance their physical education programs.

The [American Alliance for Health, Physical Education, Recreation and Dance](#) (AAHPERD) leads this call to action by encouraging parents and teachers to help children explore a wide variety of physical activities to determine what they like and encourage them to participate in those activities on a regular basis.

This year, the theme for the week is "[Let's Move! Active Schools](#)," the First Lady's unprecedented collaboration to bring physical activity back in American schools. "Research shows that quality physical education programs can contribute to students' regular participation in physical activity and can increase moderate to vigorous physical activity. The challenge is to help students identify a sport or activity that he or she enjoys as much as watching television or playing computer games," says AAHPERD President Gale Wiedow of Dakota State University in Madison, SD.



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